



Saturday Market

11:00am-3:00pm

GR Ford Academic Center

851 Madison SE, GR

Accepting SNAP, DUFB, WIC & Sr Project Fresh

Fresh Food for Healthy Living September 2014

In Season in September:

Apples	Onion
Beets	Nectarines
Broccoli	Peaches
Cauliflower	Pears
Cantaloupe	Peppers (sweet)
Carrots	Potatoes
Celery	Plums
Corn	Pumpkins
Eggplant	Summer Squash
Garlic	Sweet potatoes
Green Onion	Tomatoes
Lettuces / Greens	Raspberries
Mushroom	Zucchini
Parsnips	Watermelon

What's a serving look like — Use this handy guide

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Prescription for Health – Getting more fruits and vegetables on your plate!

A partnership with Browning Claytor, Kent County Health Department, and Our Kitchen Table is providing 'Prescriptions for Health'. Eating the recommended servings of fruits and vegetables is a hard task to accomplish for the majority of people. Fruits and vegetables are rich in vitamins, minerals, fiber and phytochemicals that may act as [antioxidants](#) that protect the cells in your body. Choose colorful and dark green fruits and vegetables for the most antioxidants. They're usually low in calories unless you add high calorie sauces, turn them into pies, or deep-fry them in oil.

Make it easy -- keep a bowl of fruit on your kitchen counter and serve freshly cut vegetables with dip instead of greasy potato or corn chips. I know potatoes and corn are vegetables too, but when they're served as chips, they're usually high in fat and [sodium](#).

Nutrition and dietary experts suggest you eat from five to nine servings of fruits and vegetables every day. Older or inactive women and smaller children need at least three servings of vegetables and two servings of fruit. Growing kids, teen girls, most men and active women should eat at least four servings of vegetables and three servings of fruit every day. Teen boys and active men should eat at least five servings of vegetables and four servings of fruit every day.



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Join us for 2 great cooking and eating celebrations at the market:

The Greens Cook-Off (10/18)

The Green Tomato Festival (10/25)

A market tradition, it celebrates the end of the growing season and using up all those green tomatoes! We have a collection of green tomato favorites in our *SEAFM Green Tomato Cookbook!*

The Greens cook-off is a newer tradition, begun when OKT started managing the South East Area Farmer's Market. A southern tradition, greens are as individual as the color of your house. Come share your favorite recipe – and enjoy the fresh, local flavors.

To get more information about the Greens Cook-Off, contact Market Manager Dorothy Griswold at 616-589-2058 or email: seafm@oktjustice.org



Upcoming Events

Free Market Activities:

September 6 Urban Foraging How-To

September 13 'Vamos A Cocinar' - 'Let's Cook' / Hispanic Center and KCHD- cooking demo

September 20 Art at the Market- local artists display - call for your spot today!

OKT Activities:

September 13 Eastown Street Peace Fair

September 20 10 am to 12 pm -Cook, Eat & Talk Cooking demo and conversation with Toni Scott at Sherman Street Church,

September 27 Food Landscapes Bike Tour 3:30 to 5:30 pm. Meet at GR Ford School.

Healthier Crunchier "Baked" Fried Green Tomato Recipe

Ingredients:

4 large firm green tomatoes
1 1/2 cup all purpose flour
1 teaspoon Kosher salt, more for sprinkling
1/2 teaspoon pepper
1 cup plain Greek yogurt
1/2 cup buttermilk
1 1/2 cup Panko Bread Crumbs
Pam Cooking Spray or olive oil for drizzling

Directions

1. Slice tomatoes 1/8 inch thick.
2. On a large plate mix flour, salt, and pepper. Place yogurt and buttermilk on a second plate, and Panko Bread Crumbs on a third plate. Coat tomatoes with the flour mixture, then the yogurt – buttermilk mixture (you may want to put the yogurt in a small bowl so that dipping them is easier), then the Panko Bread crumbs.
3. Place coated tomatoes on a cookie sheet and spray with Pam Cooking Spray liberally on both sides or drizzle them on both sides with olive oil. Bake in a 350 degree oven for about 7 minutes on one side then flip them over and bake for another 5 to 7 minutes.
4. Transfer to a platter, sprinkle with extra salt and serve warm.